

Monthly Report Card

Month/Date/Year _____ Club: _____ Location: _____

Head Coach: _____ Age Group: 10-12yrs/A level

Name: _____ Age: 12

Grade: Scale 1-10 (weak-excellent)

Attendance Record: 7.0

XX has missed 6 practices this month due to family engagement and school functions.

While these absences are acceptable according to outlined club philosophy, we have to make sure that these are not interfering with set objectives for 2017-018.

Otherwise, the personal goals (2017-018) may have to be modified because the desire to achieve these versus reality could produce excess stress due to personal or parental expectations.

Training Objectives for the Month: (See posted Annual Plan/Map at Pool Site Wall)

Objectives: Refine and Improve

Front Crawl + Back Crawl Technique

Start/Turn/Finish for FC + BK

General Physical Fitness: ABCs of Physical Literacy (Agility, Balance, Coordination, and Speed)

Specific Physical Component/Physical Literacy: Explosive Power (Starts +Turns); Flexibility

Objectives/Skills Achieved: 7.5

XX was able to achieve the set training and early competition objectives: 2 of 4 stroke techniques

Improvement is needed in Start/Turn/Finishing skills – as special training sessions for these skills were missed due to absences on these days

See comments under Improvement needed

Improvement needed: 6.0

Swimming Skills: Start/Turn/Finish for FC + BK

Starts: Slow Reaction Time; Slow off Block

Turns-General: Speed; Explosive Power; Aggressiveness ('wall attack')

FC Turn:

Speed; Agility; Dynamic Balance; Coordination; Timing; Body Control; Turn Rhythm

BK Roll-Over Turn:

Speed; Agility; Dynamic Balance; Coordination; Timing; Body Control; Turn Rhythm

Physical Skills: 6.0

Static Balance: Starts

Dynamic Balance: Body position in air after take-off; Turn Skills

Explosive Power: Starts; Turns

Flexibility (weak-3) – high degree of improvement needed ...extra stretching recommended as 'homework' (10 min/daily)

Group Interaction: 10

XX is well liked by his teammates because of his considerate personal relationship with his peers, his ‘special sense of humour, and his willingness to help and assist team members. He shows excellent leadership qualities when selected to direct the Team Warm-up or Cool-down activities in Training sessions or at Competition sites. I enjoy those qualities because we not only train athletes but ‘people’ to function successfully in society.

Communication Skills: 10

XX demonstrates excellent communication skills when interacting with me personally or his teammates during assigned leadership activities.

Listening Skills: 7.5

XX has good listening skills though he needs to work on ‘staying focused’. Especially when he is stressed out over home or school issues. Since he likes to assist younger teammates and re-explain drills, he tends to help out and therefore is not focused on the assigned task. Remaining focus and concentration on task is a large component to become a successful athlete. It is also a lifetime skill!

Overall Social Behaviour: 10

XX is a very good and solid team member with a good work attitude and well-liked for his high interest to always help other to improve

Head Coach: _____ Date: _____

Parent Signature: _____ Date: _____

Please, make Copy and return the signed Report Card to keep in my Team File